

USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: 16:1 c (g)

Food Subset: All Foods

Ordered by: Nutrient Content

Measured by: 100 g

Report Run at: July 12, 2016 06:14 EDT

NDB_No	Description	16:1 c(g) Value Per 100 g
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	2,80
05673	Chicken, skin (drumsticks and thighs), cooked, braised	2,70
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	2,68
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	2,68
05674	Chicken, skin (drumsticks and thighs), raw	2,66
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	2,62
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	1,93
23436	Beef, New Zealand, imported, subcutaneous fat, raw	1,84
05714	Turkey, skin, from retail parts, from dark meat, raw	1,52
05170	Turkey, skin from whole (light and dark), roasted	1,48
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	1,48
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	1,47
05169	Turkey, skin from whole, (light and dark), raw	1,34
05698	Turkey, skin from whole (light and dark), with added solution, raw	1,34
07057	Pepperoni, beef and pork, sliced	1,30
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	1,20
01002	Butter, whipped, with salt	1,17
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	1,11
07007	Bologna, beef	1,03
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	1,03
23419	Beef, New Zealand, imported, intermuscular fat, cooked	1,02
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0,97
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0,97
07022	Frankfurter, beef, unheated	0,97
01001	Butter, salted	0,96
01145	Butter, without salt	0,96
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0,94
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0,93
07971	Bologna, meat and poultry	0,91

NDB_No	Description	
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0,90
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0,90
23420	Beef, New Zealand, imported, intermuscular fat, raw	0,88
10123	Pork, cured, bacon, unprepared	0,87
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0,86
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0,85
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0,83
07072	Salami, dry or hard, pork, beef	0,82
07963	Frankfurter, meat and poultry, cooked, boiled	0,80
07964	Frankfurter, meat and poultry, cooked, grilled	0,78
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0,78
07953	Pork sausage, link/patty, fully cooked, microwaved	0,78
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0,77
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0,76
10861	Pork, cured, bacon, cooked, microwaved	0,76
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,76
32020	Chicken, thighs, frozen, breaded, reheated	0,75
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0,74
07973	Turkey bacon, microwaved	0,74
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,73
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,73
07962	Frankfurter, meat and poultry, unheated	0,73
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,73
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0,72
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0,71
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,70
07967	Pork sausage, link/patty, fully cooked, unheated	0,70
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,70
07968	Kielbasa, fully cooked, grilled	0,70
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,68
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,68
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0,68
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,67
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0,67
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0,67
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0,67

NDB_No	Description	
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0,66
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0,66
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,65
07969	Kielbasa, fully cooked, pan-fried	0,65
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,64
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,64
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,64
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,63
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,62
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,62
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0,62
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,62
07970	Kielbasa, fully cooked, unheated	0,62
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,62
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0,61
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0,61
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0,61
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0,60
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,60
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,60
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,60
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,60
07972	Meatballs, frozen, Italian style	0,59
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,59
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,58
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,58
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,58
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0,58
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0,58
04702	Oil, industrial, cottonseed, fully hydrogenated	0,57
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0,57
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,57
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,56
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,56
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,56
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0,56

NDB_No	Description	
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0,56
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,55
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0,55
07064	Pork sausage, link/patty, cooked, pan-fried	0,55
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0,55
01053	Cream, fluid, heavy whipping	0,55
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	0,54
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,54
01017	Cheese, cream	0,54
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0,54
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0,54
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0,53
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,53
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,52
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0,51
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	0,50
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0,50
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,50
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,50
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,50
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0,50
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,49
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	0,49
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,49
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0,49
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0,49
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,49
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0,49
07254	Turkey bacon, unprepared	0,48
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,48
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0,48
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0,48
22973	Corn dogs, frozen, prepared	0,48
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0,48
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0,47
04677	Margarine-like spread, SMART BALANCE Omega Plus Spread (with plant sterols & fish oil)	0,47

NDB_No	Description	16:1 c(g) Value Per
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,47
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,47
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0,47
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,47
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,46
01040	Cheese, swiss	0,46
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,46
07063	Pork sausage, link/patty, unprepared	0,46
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0,46
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0,46
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	0,46
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0,46
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,45
05734	Turkey, retail parts, wing, meat and skin, raw	0,45
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,45
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0,45
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,45
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,45
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,45
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,45
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,45
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,45
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,44
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0,44
21507	WENDY'S, Double Stack, with cheese	0,44
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	0,44
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,44
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0,44
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0,44
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0,44
17424	Veal, ground, cooked, pan-fried	0,44
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,44
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	0,44
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0,43
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,43
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,43

NDB_No	Description	
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0,43
21254	BURGER KING, DOUBLE WHOPPER, no cheese	0,43
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	0,43
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0,43
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0,43
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0,43
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,43
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	0,42
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0,42
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,42
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	0,42
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0,42
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0,42
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0,42
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,42
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0,41
21251	BURGER KING, Cheeseburger	0,41
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0,41
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	0,41
23438	Beef, New Zealand, imported, sweetbread, raw	0,41
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0,41
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,41
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,41
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,41
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0,41
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0,41
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,40
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0,40
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0,40
01042	Cheese, pasteurized process, American, fortified with vitamin D	0,39
01253	Cheese, pasteurized process, American, without added vitamin D	0,39
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0,39
36000	APPLEBEE'S, 9 oz house sirloin steak	0,39
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,39
01270	Cheese, cheddar, sharp, sliced	0,39
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0,39

NDB_No	Description	
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0,38
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0,38
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0,38
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,38
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	0,38
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0,38
21090	Fast foods, cheeseburger; single, regular patty, with condiments	0,38
32031	Salisbury steak with gravy, frozen	0,38
17142	Veal, ground, raw	0,37
05668	Ground turkey, 85% lean, 15% fat, raw	0,37
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0,37
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0,37
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0,37
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0,37
05706	Turkey, whole, meat and skin, with added solution, raw	0,37
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,37
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0,37
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0,37
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,37
01229	Cheese, white, queso blanco	0,37
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0,36
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0,36
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,36
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0,36
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	0,36
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	0,36
21395	Fast foods, cheeseburger; double, regular patty; with condiments	0,36
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0,36
01046	Cheese food, pasteurized process, American, vitamin D fortified	0,36
01254	Cheese food, pasteurized process, American, without added vitamin D	0,36
21246	WENDY'S, Chicken Nuggets	0,36
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	0,36
21506	BURGER KING, Double Cheeseburger	0,35
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,35
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0,35
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0,35

NDB_No	Description	
21096	Fast foods, cheeseburger; single, large patty; plain	0,35
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0,35
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,35
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0,34
36019	APPLEBEE'S, chili	0,34
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,34
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	0,34
21242	WENDY'S, Jr. Hamburger, with cheese	0,34
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0,34
21344	McDONALD'S, Double Cheeseburger	0,34
01227	Cheese, dry white, queso seco	0,34
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0,34
01228	Cheese, fresh, queso fresco	0,34
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0,34
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0,34
15240	Fish, trout, rainbow, farmed, raw	0,34
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0,34
36037	Restaurant, family style, chili with meat and beans	0,34
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,33
05742	Turkey, retail parts, thigh, meat and skin, raw	0,33
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0,33
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0,33
06627	Sauce, pesto, ready-to-serve, shelf stable	0,32
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0,32
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0,32
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0,32
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0,32
21089	Fast foods, cheeseburger; single, regular patty; plain	0,32
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0,32
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,32
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0,32
15253	Salmon, sockeye, canned, total can contents	0,31
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,31
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,31
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0,31
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0,31

NDB_No	Description	
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0,31
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	0,31
32032	Sausage, egg and cheese breakfast biscuit	0,31
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0,31
01252	Cheese product, pasteurized process, American, vitamin D fortified	0,31
21241	WENDY'S, Jr. Hamburger, without cheese	0,31
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0,30
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0,30
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,30
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0,30
21252	BURGER KING, WHOPPER, no cheese	0,30
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0,30
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	0,30
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	0,30
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0,30
01056	Cream, sour, cultured	0,29
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0,29
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0,29
06626	Sauce, pesto, ready-to-serve, refrigerated	0,29
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	0,29
05306	Ground turkey, cooked	0,29
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0,29
36403	Restaurant, Latino, empanadas, beef, prepared	0,29
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,29
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,29
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0,29
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	0,29
01032	Cheese, parmesan, grated	0,29
04678	Oil, vegetable, Natreon canola, high stability, non trans, high oleic (70%)	0,29
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0,29
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0,28
04644	Oil, industrial, canola for salads, woks and light frying	0,28
21107	Fast foods, hamburger; single, regular patty; plain	0,28
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0,28
01050	Cream, fluid, light (coffee cream or table cream)	0,28
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0,28

NDB_No	Description	
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0,28
21309	McDONALD'S, Chicken McNUGGETS	0,28
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0,28
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,27
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	0,27
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0,27
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,27
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,27
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0,27
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0,27
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,27
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0,27
05707	Turkey, whole, meat and skin, with added solution, roasted	0,27
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0,27
05665	Ground turkey, 93% lean, 7% fat, raw	0,26
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,26
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,26
07965	Pork sausage, link/patty, reduced fat, unprepared	0,26
36013	Restaurant, family style, sirloin steak	0,26
01260	Cheese, cheddar, reduced fat	0,26
21014	Fast foods, croissant, with egg, cheese, and sausage	0,26
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0,26
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	0,26
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0,26
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0,26
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,26
21121	Fast foods, roast beef sandwich, plain	0,26
21527	ARBY'S, roast beef sandwich, classic	0,26
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,26
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	0,26
21158	Fast foods, submarine sandwich, meatball marinara on white bread	0,26
36051	ON THE BORDER, cheese quesadilla	0,25
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0,25
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	0,25
05166	Turkey, whole, meat and skin, cooked, roasted	0,25
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0,25

NDB_No	Description	
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,25
21250	BURGER KING, Hamburger	0,24
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	0,24
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	0,24
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,24
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	0,24
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0,24
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0,24
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0,24
05183	Turkey, dark meat, meat and skin, raw	0,24
21340	McDONALD'S, Sausage Burrito	0,24
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	0,24
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0,24
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0,24
21108	Fast foods, hamburger; single, regular patty; with condiments	0,24
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,23
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0,23
05181	Turkey from whole, light meat, meat and skin, raw	0,23
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0,23
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0,23
21228	McDONALD'S, Hamburger	0,23
21422	KFC, Popcorn Chicken	0,23
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0,23
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	0,23
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0,23
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,23
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	0,23
12061	Nuts, almonds	0,23
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0,23
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,22
05305	Ground turkey, raw	0,22
15110	Fish, swordfish, raw	0,22
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0,22
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,22
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0,22
21421	KFC, Crispy Chicken Strips	0,22

NDB_No	Description	
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0,22
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0,22
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	0,22
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	0,22
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0,22
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0,22
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0,22
36052	Restaurant, Mexican, cheese quesadilla	0,22
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0,22
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0,22
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0,22
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,21
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	0,21
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	0,21
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	0,21
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	0,21
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0,21
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0,21
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0,21
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0,21
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,21
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	0,21
36608	CRACKER BARREL, grilled sirloin steak	0,21
01049	Cream, fluid, half and half	0,20
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	0,20
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0,20
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0,20
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	0,20
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	0,20
21260	TACO BELL, Original Taco with beef, cheese and lettuce	0,20
22906	Chicken pot pie, frozen entree, prepared	0,20
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,20
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0,20
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0,20
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0,20
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0,20

NDB_No	Description	
01123	Egg, whole, raw, fresh	0,20
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0,20
19383	Candies, toffee, prepared-from-recipe	0,20
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	0,20
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0,20
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,20
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,20
36032	DENNY'S, spaghetti and meatballs	0,20
36038	Restaurant, family style, spaghetti and meatballs	0,20
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,19
15274	Fish, trout, brook, raw, New York State	0,19
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0,19
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0,19
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0,19
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0,19
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0,19
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0,19
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	0,19
36615	DENNY'S, top sirloin steak	0,19
04698	Oil, industrial, canola, high oleic	0,19
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0,19
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0,19
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0,19
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0,19
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,19
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0,19
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0,19
09446	Plantains, green, fried	0,19
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	0,19
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0,18
36618	Restaurant, Chinese, general tso's chicken	0,18
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0,18
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0,18
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0,18
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0,18
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0,18

NDB_No	Description	
05188	Turkey, from whole, dark meat, cooked, roasted	0,18
05216	Turkey, back, from whole bird, meat only, roasted	0,18
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0,18
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0,18
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0,18
05741	Turkey, thigh, from whole bird, meat only, roasted	0,18
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,18
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	0,18
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	0,18
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	0,18
21355	McDONALD'S, McCHICKEN Sandwich	0,18
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,18
05080	Chicken, broilers or fryers, leg, meat only, raw	0,18
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0,18
36050	Restaurant, Mexican, cheese enchilada	0,18
19410	Snack, potato chips, made from dried potatoes, plain	0,18
22978	Chicken tenders, breaded, frozen, prepared	0,18
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	0,18
15083	Fish, salmon, pink, raw	0,18
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	0,18
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0,17
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0,17
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0,17
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0,17
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0,17
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0,17
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	0,17
21486	Fast foods, taco with beef, cheese and lettuce, soft	0,17
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0,17
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0,17
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0,17
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0,17
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0,17
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,17
36049	ON THE BORDER, cheese enchilada	0,17
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0,17

NDB_No	Description	
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0,17
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	0,17
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,17
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0,17
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	0,17
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0,17
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	0,17
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0,17
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0,17
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0,17
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	0,17
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,17
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	0,17
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	0,16
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,16
36042	OLIVE GARDEN, lasagna classico	0,16
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0,16
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	0,16
36056	Restaurant, Mexican, cheese tamales	0,16
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,16
36401	Restaurant, Latino, chicken and rice, entree, prepared	0,16
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0,16
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0,16
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	0,16
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	0,16
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0,16
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0,16
23431	Beef, New Zealand, imported, ribs prepared, raw	0,16
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	0,16
22902	Pizza, meat topping, thick crust, frozen, cooked	0,16
36041	Restaurant, Italian, lasagna with meat	0,16
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0,16
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,16
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0,16
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0,15
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,15

NDB_No	Description	
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	0,15
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0,15
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	0,15
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0,15
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0,15
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	0,15
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,15
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	0,15
36412	Restaurant, Latino, tamale, pork	0,15
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0,15
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0,15
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,15
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	0,15
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	0,15
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0,15
05165	Turkey, whole, meat and skin, raw	0,14
36008	T.G.I. FRIDAY'S, fried mozzarella	0,14
21488	Fast foods, quesadilla, with chicken	0,14
21141	BURGER KING, Vanilla Shake	0,14
21259	BURGER KING, Original Chicken Sandwich	0,14
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,14
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,14
04684	Margarine, 80% fat, tub, CANOLA HARVEST Soft Spread (canola, palm and palm kernel oils)	0,14
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0,14
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0,14
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	0,14
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,14
36043	CARRABBA'S ITALIAN GRILL, lasagne	0,14
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0,14
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	0,14
17427	Veal, loin, chop, separable lean only, cooked, grilled	0,14
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0,14
21357	McDONALD'S, Egg McMUFFIN	0,14
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	0,14
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0,14
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0,14

NDB_No	Description	
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,14
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0,14
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0,14
05175	Turkey, heart, all classes, raw	0,14
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,14
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0,14
15084	Fish, salmon, pink, canned, total can contents	0,14
15260	Fish, salmon, pink, canned, drained solids	0,14
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	0,14
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	0,14
36629	Restaurant, Chinese, orange chicken	0,14
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0,14
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0,14
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,13
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	0,13
36004	APPLEBEE'S, mozzarella sticks	0,13
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	0,13
04685	Oil, cooking and salad, ENOVA, 80% diglycerides	0,13
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,13
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	0,13
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0,13
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0,13
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	0,13
15085	Fish, salmon, sockeye, raw	0,13
36012	Restaurant, family style, fried mozzarella sticks	0,13
15234	Fish, catfish, channel, farmed, raw	0,13
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0,13
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	0,13
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0,13
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0,13
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0,13
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0,13
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0,13
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0,13
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0,13
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0,13

NDB_No	Description	
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0,13
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0,13
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0,13
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,13
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,13
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0,13
01225	Dulce de Leche	0,13
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0,13
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0,13
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,13
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	0,12
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0,12
04650	Oil, industrial, soy, refined, for woks and light frying	0,12
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,12
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0,12
21505	Pizza, cheese topping, thin crust, frozen, cooked	0,12
21508	WEND'YS, Crispy Chicken Sandwich	0,12
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0,12
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0,12
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,12
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	0,12
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	0,12
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0,12
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0,12
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,12
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,12
27061	Gravy, HEINZ Home Style, classic chicken	0,12
05716	Turkey, retail parts, drumstick, meat only, raw	0,12
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0,12
36611	DENNY'S, mozzarella cheese sticks	0,12
25064	Snacks, potato chips, lightly salted	0,12
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0,12
06119	Gravy, chicken, canned or bottled, ready-to-serve	0,12
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0,12
22977	Lasagna with meat sauce, frozen, prepared	0,12
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0,12

NDB_No	Description	
25027	Snacks, plantain chips, salted	0,12
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,12
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	0,12
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0,12
04518	Oil, corn, industrial and retail, all purpose salad or cooking	0,11
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,11
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0,11
05168	Turkey, whole, meat only, cooked, roasted	0,11
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,11
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0,11
36633	Restaurant, Chinese, sesame chicken	0,11
06999	Gravy, CAMPBELL'S, chicken	0,11
07043	Roast beef, deli style, prepackaged, sliced	0,11
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0,11
22916	Lasagna with meat & sauce, frozen entree	0,11
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0,11
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0,11
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0,11
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0,11
19903	Chocolate, dark, 60-69% cacao solids	0,11
22969	Chili with beans, microwavable bowls	0,11
05176	Turkey, heart, all classes, cooked, simmered	0,11
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	0,11
36059	Restaurant, Italian, chicken parmesan without pasta	0,11
07081	Turkey breast, sliced, prepackaged	0,11
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0,11
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	0,11
05705	Turkey, whole, meat only, with added solution, roasted	0,11
23418	Beef, New Zealand, imported, inside, raw	0,11
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0,11
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0,11
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	0,11
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0,11
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,11
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0,10
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,10

NDB_No	Description	16:1 c(g) Value Per
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	0,10
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	0,10
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	0,10
19904	Chocolate, dark, 70-85% cacao solids	0,10
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0,10
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0,10
19902	Chocolate, dark, 45- 59% cacao solids	0,10
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	0,10
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,10
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0,10
21269	TACO BELL, Nachos Supreme	0,10
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0,10
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,10
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0,10
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0,10
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0,10
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0,10
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0,10
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0,10
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	0,10
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,10
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,10
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,10
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	0,10
22912	Spaghetti, with meatballs in tomato sauce, canned	0,10
22972	Pulled pork in barbecue sauce	0,10
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0,10
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0,10
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0,10
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0,10
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,10
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0,10
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	0,10
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0,10
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0,10
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	0,10

NDB_No	Description	
04642	Oil, industrial, mid-oleic, sunflower	0,10
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	0,10
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	0,10
04700	Oil, industrial, soy, ultra low linolenic	0,10
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,10
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	0,10
18953	Bread, salvadorean sweet cheese (quesadilla salvadorena)	0,09
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0,09
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0,09
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0,09
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0,09
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	0,09
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	0,09
28348	Rolls, dinner, sweet	0,09
32007	Taquitos, frozen, beef and cheese, oven-heated	0,09
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0,09
22904	Chili con carne with beans, canned entree	0,09
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0,09
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,09
32006	Taquitos, frozen, chicken and cheese, oven-heated	0,09
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	0,09
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	0,09
28333	Cookies, gluten-free, chocolate wafer	0,09
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0,09
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,09
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,09
35237	Tamales, masa and pork filling (Hopi)	0,09
04611	Margarine, regular, 80% fat, composite, tub, with salt	0,09
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	0,09
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0,09
15028	Fish, flatfish (flounder and sole species), raw	0,09
36058	OLIVE GARDEN, chicken parmigiana without pasta	0,09
17131	Veal, shoulder, blade chop, separable lean only, raw	0,09
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	0,09
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0,09
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0,09

NDB_No	Description	
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0,09
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	0,09
17107	Veal, loin, separable lean only, raw	0,09
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0,09
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	0,09
04025	Salad dressing, mayonnaise, regular	0,08
04652	Oil, industrial, soy (partially hydrogenated), all purpose	0,08
04673	Margarine-like spread, SMART BALANCE Regular Buttery Spread with flax oil	0,08
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0,08
10998	Canadian bacon, cooked, pan-fried	0,08
17371	Lamb, New Zealand, imported, ground lamb, raw	0,08
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0,08
05717	Turkey, retail parts, thigh, meat only, raw	0,08
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0,08
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0,08
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0,08
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,08
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0,08
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0,08
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	0,08
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0,08
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	0,08
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0,08
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0,08
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0,08
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0,08
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0,08
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0,08
36606	CRACKER BARREL, farm raised catfish platter	0,08
15027	Fish, fish sticks, frozen, prepared	0,08
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0,08
04683	Margarine, margarine-like vegetable oil spread, 67-70% fat, tub	0,08
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0,08
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0,08
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,08
21064	Fast foods, burrito, with beans, cheese, and beef	0,08

NDB_No	Description	
21265	TACO BELL, BURRITO SUPREME with beef	0,08
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	0,08
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0,08
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0,08
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,08
36045	ON THE BORDER, refried beans	0,08
36619	Restaurant, Chinese, kung pao chicken	0,08
09447	Plantains, yellow, fried, Latino restaurant	0,08
15057	Fish, ocean perch, Atlantic, raw	0,08
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0,08
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	0,08
04687	Margarine-like spread, BENECOL Light Spread	0,07
18192	Cookies, shortbread, commercially prepared, plain	0,07
22963	Lean Pockets, Meatballs & Mozzarella	0,07
36622	Restaurant, Chinese, sweet and sour pork	0,07
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0,07
36040	CRACKER BARREL, macaroni n' cheese	0,07
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0,07
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0,07
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0,07
28331	Crackers, flavored, fish-shaped	0,07
36414	Restaurant, Latino, tripe soup	0,07
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0,07
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0,07
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	0,07
25050	Snacks, yucca (cassava) chips, salted	0,07
15070	Fish, rockfish, Pacific, mixed species, raw	0,07
23427	Beef, New Zealand, imported, manufacturing beef, raw	0,07
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0,07
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0,07
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0,07
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0,07
19411	Snacks, potato chips, plain, salted	0,07
36617	Restaurant, Chinese, lemon chicken	0,07
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0,07
31036	Potatoes, mashed, ready-to-eat	0,07

NDB_No	Description	
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	0,07
10130	Canadian bacon, unprepared	0,07
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0,07
15036	Fish, halibut, Atlantic and Pacific, raw	0,06
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0,06
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0,06
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0,06
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0,06
36631	OLIVE GARDEN, spaghetti with meat sauce	0,06
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	0,06
36020	T.G.I. FRIDAY'S, chicken fingers	0,06
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0,06
05171	Turkey, whole, giblets, raw	0,06
05172	Turkey, whole, giblets, cooked, simmered	0,06
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0,06
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	0,06
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0,06
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0,06
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0,06
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0,06
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0,06
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	0,06
21525	PIZZA HUT, breadstick, parmesan garlic	0,06
42231	Oil, flaxseed, cold pressed	0,06
05111	Canada Goose, breast meat, skinless, raw	0,06
06019	Soup, chicken noodle, canned, condensed	0,06
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0,06
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0,06
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0,06
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0,06
36005	APPLEBEE'S, chicken tenders, from kids' menu	0,06
16399	Peanut butter with omega-3, creamy	0,06
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	0,06
04707	Oil, flaxseed, contains added sliced flaxseed	0,06
05173	Turkey, gizzard, all classes, raw	0,06
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0,06

NDB_No	Description	
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0,06
21102	Fast foods, chicken fillet sandwich, plain with pickles	0,06
21526	CHICK-FIL-A, chicken sandwich	0,06
22970	Macaroni and cheese, frozen entree	0,06
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0,06
36630	Restaurant, Italian, spaghetti with meat sauce	0,06
05174	Turkey, gizzard, all classes, cooked, simmered	0,06
05186	Turkey, all classes, light meat, cooked, roasted	0,06
05220	Turkey, breast, from whole bird, meat only, roasted	0,06
05228	Turkey, wing, from whole bird, meat only, roasted	0,06
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0,06
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0,06
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0,06
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0,06
05739	Turkey, drumstick, from whole bird, meat only, roasted	0,06
21078	Fast foods, nachos, with cheese	0,06
21268	TACO BELL, Nachos	0,06
27066	Sauce, horseradish	0,06
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	0,06
36023	APPLEBEE'S, chicken tenders platter	0,06
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	0,05
04639	Salad dressing, ranch dressing, regular	0,05
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	0,05
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	0,05
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0,05
36411	Restaurant, Latino, tamale, corn	0,05
04668	Margarine, industrial, soy and partially hydrogenated soy oil, use for baking, sauces and candy	0,05
18959	Pastry, Pastelitos de Guava (guava pastries)	0,05
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0,05
21130	Fast foods, onion rings, breaded and fried	0,05
21509	BURGER KING, Onion Rings	0,05
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0,05
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0,05
05178	Turkey, liver, all classes, cooked, simmered	0,05
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0,05
18964	Cinnamon buns, frosted (includes honey buns)	0,05

NDB_No	Description	16:1 c(g) Value Per
19042	Snacks, potato chips, barbecue-flavor	0,05
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0,05
36015	Restaurant, family style, chicken fingers, from kid's menu	0,05
05712	Turkey, retail parts, wing, meat only, raw	0,05
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0,05
21256	BURGER KING, Chicken Strips	0,05
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	0,05
12038	Seeds, sunflower seed kernels, oil roasted, without salt	0,05
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	0,05
20118	Noodles, flat, crunchy, Chinese restaurant	0,05
36418	Restaurant, Mexican, refried beans	0,05
05664	Ground turkey, fat free, patties, broiled	0,05
05704	Turkey, whole, meat only, with added solution, raw	0,05
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0,05
21401	Fast foods, chicken tenders	0,05
22962	LEAN POCKETS, Ham N Cheddar	0,05
27054	Dip, TOSTITOS, salsa con queso, medium	0,05
36603	Restaurant, Chinese, beef and vegetables	0,05
36621	Restaurant, Chinese, sweet and sour chicken	0,05
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0,05
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	0,05
12014	Seeds, pumpkin and squash seed kernels, dried	0,05
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0,05
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0,05
36034	Restaurant, family style, chicken tenders	0,05
05663	Ground turkey, fat free, pan-broiled crumbles	0,05
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0,05
17428	Veal, shank, separable lean only, raw	0,05
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0,05
27052	Dip, salsa con queso, cheese and salsa- medium	0,05
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0,05
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0,05
18954	Bread, pound cake type, pan de torta salvadoran	0,05
04617	Margarine, regular, 80% fat, composite, stick, without salt	0,04
04628	Margarine, 80% fat, stick, includes regular and hydrogenated corn and soybean oils	0,04
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	0,04

NDB_No	Description	
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	0,04
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0,04
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0,04
21143	CHICK-FIL-A, Chick-n-Strips	0,04
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0,04
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	0,04
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	0,04
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0,04
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0,04
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	0,04
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	0,04
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	0,04
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0,04
19057	Snacks, tortilla chips, nacho cheese	0,04
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0,04
21232	McDONALD'S, FILET-O-FISH	0,04
04629	Margarine, margarine-type vegetable oil spread, 70% fat, soybean and partially hydrogenated soybean, stick	0,04
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0,04
05696	Turkey from whole, light meat, meat only, with added solution, raw	0,04
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0,04
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0,04
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0,04
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0,04
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0,04
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0,04
36027	DENNY'S, chicken strips	0,04
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0,04
21010	Fast foods, biscuit, with crispy chicken fillet	0,04
21522	McDONALD'S, Southern Style Chicken Biscuit	0,04
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0,04
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0,04
05177	Turkey, liver, all classes, raw	0,04
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0,04
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0,04
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0,04
21387	BURGER KING, Hash Brown Rounds	0,04

NDB_No	Description	
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0,04
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0,04
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0,04
19382	Candies, taffy, prepared-from-recipe	0,04
36024	CRACKER BARREL, chicken tenderloin platter, fried	0,04
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0,04
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	0,04
36022	APPLEBEE'S, crunchy onion rings	0,04
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0,04
18166	Cookies, chocolate sandwich, with creme filling, regular	0,04
21144	CHICK-FIL-A, hash browns	0,04
05662	Ground turkey, fat free, raw	0,04
17369	Lamb, New Zealand, imported, liver, raw	0,04
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0,04
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0,04
36404	Restaurant, Latino, arroz con leche (rice pudding)	0,04
01284	Yogurt, Greek, strawberry, lowfat	0,03
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0,03
04630	Margarine Spread, approximately 48% fat, tub	0,03
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0,03
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0,03
18955	Bread, pan dulce, sweet yeast bread	0,03
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0,03
18214	Crackers, cheese, regular	0,03
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0,03
36001	APPLEBEE'S, Double Crunch Shrimp	0,03
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0,03
18160	Cookies, chocolate chip, commercially prepared, soft-type	0,03
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0,03
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	0,03
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0,03
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0,03
16090	Peanuts, all types, dry-roasted, with salt	0,03
16390	Peanuts, all types, dry-roasted, without salt	0,03
19003	Snacks, corn-based, extruded, chips, plain	0,03
25046	Snacks, bagel chips, plain	0,03

NDB_No	Description	16:1 c(g) Value Per
36016	Restaurant, family style, shrimp, breaded and fried	0,03
15148	Crustaceans, lobster, northern, cooked, moist heat	0,03
16098	Peanut butter, smooth style, with salt	0,03
16398	Peanut butter, smooth style, without salt	0,03
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0,03
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0,03
18209	Cookies, sugar wafers with creme filling, regular	0,03
18963	Garlic bread, frozen	0,03
21026	Fast foods, potatoes, hash browns, round pieces or patty	0,03
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	0,03
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	0,03
28334	Cookies, gluten-free, lemon wafer	0,03
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0,03
36031	DENNY'S, onion rings	0,03
36036	Restaurant, family style, onion rings	0,03
11398	Potato puffs, frozen, unprepared	0,03
19193	Puddings, rice, ready-to-eat	0,03
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0,03
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0,03
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	0,03
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	0,03
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0,03
36623	Restaurant, Chinese, chicken chow mein	0,03
36626	Restaurant, Chinese, chicken and vegetables	0,03
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0,03
06983	Soup, ramen noodle, chicken flavor, dry	0,03
09062	Cherimoya, raw	0,03
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0,03
18360	Taco shells, baked	0,03
21105	Fast foods, fish sandwich, with tartar sauce	0,03
21258	BURGER KING, Premium Fish Sandwich	0,03
21319	McDONALD'S, Hash Brown	0,03
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0,03
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0,03
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0,03
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0,03

NDB_No	Description	
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0,03
36613	DENNY'S, macaroni & cheese, from kid's menu	0,03
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0,03
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0,03
04641	Salad dressing, mayonnaise, light	0,03
06583	Soup, ramen noodle, any flavor, dry	0,03
06982	Soup, ramen noodle, beef flavor, dry	0,03
25028	Tortilla chips, yellow, plain, salted	0,03
36605	CRACKER BARREL, country fried shrimp platter	0,03
01287	Yogurt, Greek, plain, lowfat	0,03
02011	Spices, cloves, ground	0,03
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0,03
18185	Cookies, peanut butter, commercially prepared, regular	0,03
21138	Fast foods, potato, french fried in vegetable oil	0,03
21238	McDONALD'S, french fries	0,03
21247	WENDY'S, french fries	0,03
21416	POPEYES, Coleslaw	0,03
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0,03
01015	Cheese, cottage, lowfat, 2% milkfat	0,02
04018	Salad dressing, mayonnaise type, regular, with salt	0,02
04669	USDA Commodity Food, oil, vegetable, soybean, refined	0,02
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0,02
17375	Lamb, New Zealand, imported, sweetbread, raw	0,02
21061	Fast foods, burrito, with beans and cheese	0,02
21249	BURGER KING, french fries	0,02
21264	TACO BELL, Bean Burrito	0,02
21415	POPEYES, biscuit	0,02
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0,02
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0,02
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0,02
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0,02
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0,02
36018	APPLEBEE'S, fish, hand battered	0,02
09144	Jackfruit, raw	0,02
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0,02
15140	Crustaceans, crab, blue, cooked, moist heat	0,02

NDB_No	Description	16:1 c(g) Value Per
16103	Refried beans, canned, traditional style (includes USDA commodity)	0,02
16403	Refried beans, canned, traditional, reduced sodium	0,02
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0,02
05185	Turkey from whole, light meat, raw	0,02
05219	Turkey, breast, from whole bird, meat only, raw	0,02
05227	Turkey, wing, from whole bird, meat only, raw	0,02
05738	Turkey, drumstick, from whole bird, meat only, raw	0,02
19056	Snacks, tortilla chips, plain, white corn, salted	0,02
36026	CRACKER BARREL, onion rings, thick-cut	0,02
36028	DENNY'S, coleslaw	0,02
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0,02
36612	DENNY'S, golden fried shrimp	0,02
04114	Salad dressing, italian dressing, commercial, regular	0,02
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0,02
18960	Crackers, snack, GOYA CRACKERS	0,02
36607	CRACKER BARREL, steak fries	0,02
28288	Bread, roll, Mexican, bollilo	0,02
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0,02
36029	DENNY'S, fish fillet, battered or breaded, fried	0,02
36610	DENNY'S, french fries	0,02
12040	Seeds, sunflower seed butter, without salt	0,02
12540	Seeds, sunflower seed butter, with salt added	0,02
18229	Crackers, standard snack-type, regular	0,02
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0,02
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0,02
22971	Potato salad with egg	0,02
27062	Soup, beef barley, ready to serve	0,02
27064	Wasabi	0,02
28313	Rolls, hamburger or hot dog, whole wheat	0,02
36002	APPLEBEE'S, french fries	0,02
36413	Restaurant, Latino, black bean soup	0,02
36620	Restaurant, Chinese, shrimp and vegetables	0,02
18064	Bread, wheat	0,02
18350	Rolls, hamburger or hotdog, plain	0,02
18621	NABISCO, NABISCO RITZ Crackers	0,02
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0,02

NDB_No	Description	16:1 c(g) Value Per
18961	Crackers, cream, GAMESA SABROSAS	0,02
36014	Restaurant, family style, french fries	0,02
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0,02
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0,02
21127	Fast foods, coleslaw	0,02
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	0,02
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0,02
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0,02
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0,02
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0,02
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0,02
05710	Turkey, retail parts, breast, meat only, raw	0,02
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0,02
18055	Bread, reduced-calorie, wheat	0,02
18213	Cookies, vanilla wafers, higher fat	0,02
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0,02
25037	Snacks, pita chips, salted	0,02
28286	Bread, paratha, whole wheat, commercially prepared, frozen	0,02
36025	CRACKER BARREL, coleslaw	0,02
36035	Restaurant, family style, coleslaw	0,02
04047	Oil, coconut	0,02
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0,02
18075	Bread, whole-wheat, commercially prepared	0,02
18967	Bread, white wheat	0,02
22918	Burrito, bean and cheese, frozen	0,02
28345	Crackers, gluten-free, multi-seeded and multigrain	0,02
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	0,02
36007	T.G.I. FRIDAY'S, french fries	0,02
06024	Soup, chicken and vegetable, canned, ready-to-serve	0,02
17373	Lamb, New Zealand, imported, heart, raw	0,02
28307	Bread, naan, plain, commercially prepared, refrigerated	0,02
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0,02
15121	Fish, tuna, light, canned in water, drained solids	0,01
18232	Crackers, wheat, regular	0,01
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0,01
28308	Crackers, standard snack-type, with whole wheat	0,01

NDB_No	Description	
28346	Waffles, gluten-free, frozen, ready-to-heat	0,01
28375	VAN'S, Gluten Free, Totally Original Waffles	0,01
04640	Salad dressing, ranch dressing, reduced fat	0,01
05167	Turkey, whole, meat only, raw	0,01
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	0,01
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0,01
27001	Soup, hot and sour, Chinese restaurant	0,01
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0,01
36602	Restaurant, Chinese, fried rice, without meat	0,01
43215	Salad dressing, buttermilk, lite	0,01
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0,01
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0,01
15157	Mollusks, clam, mixed species, raw	0,01
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0,01
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	0,01
22955	Egg rolls, vegetable, frozen, prepared	0,01
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	0,01
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0,01
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0,01
36417	Restaurant, Mexican, spanish rice	0,01
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0,01
15127	Fish, tuna, fresh, yellowfin, raw	0,01
17377	Lamb, New Zealand, imported, testes, raw	0,01
18029	Bread, french or vienna (includes sourdough)	0,01
18235	Crackers, whole-wheat	0,01
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0,01
18950	Crackers, wheat, reduced fat	0,01
27000	Soup, egg drop, Chinese restaurant	0,01
32017	Pasta mix, Italian four cheese lasagna, unprepared	0,01
06043	Soup, cream of mushroom, canned, condensed	0,01
08122	Cereals, oats, instant, fortified, plain, dry	0,01
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	0,01
18228	Crackers, saltines (includes oyster, soda, soup)	0,01
20648	Sorghum flour, whole-grain	0,01
21142	Fast food, biscuit	0,01
25017	Formulated bar, POWER BAR, chocolate	0,01

NDB_No	Description	16:1 c(g) Value Per
36030	DENNY'S, hash browns	0,01
36039	Restaurant, family style, hash browns	0,01
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0,01
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	0,01
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0,01
17358	Lamb, New Zealand, imported, brains, raw	0,01
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0,01
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0,01
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0,01
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	0,01
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0,01
28347	Pancakes, gluten-free, frozen, ready-to-heat	0,01
28368	SCHAR, Gluten-Free, Classic White Rolls	0,01
28374	VAN'S, Gluten Free, Totally Original Pancakes	0,01
36021	APPLEBEE'S, coleslaw	0,01
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	0,01
02046	Mustard, prepared, yellow	0,01
03189	Babyfood, cereal, oatmeal, dry fortified	0,01
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	0,01
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	0,01
16010	Beans, baked, canned, with pork and sweet sauce	0,01
17367	Lamb, New Zealand, imported, kidney, raw	0,01
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0,01
21420	KFC, Coleslaw	0,01
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	0,01
28306	Bread, chapati or roti, plain, commercially prepared	0,01
04021	Salad dressing, italian dressing, commercial, reduced fat	0,01
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0,01
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	0,01
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	0,01
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	0,01
16173	Frijoles rojos volteados (Refried beans, red, canned)	0,01
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0,01
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0,01
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0,01
18949	Crackers, whole-wheat, reduced fat	0,01

NDB_No	Description	16:1 c(g) Value Per
20647	Millet flour	0,01
22998	Rice and vermicelli mix, chicken flavor, unprepared	0,01
35234	Piki bread, made from blue cornmeal (Hopi)	0,01
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0,01
36625	Restaurant, Chinese, vegetable lo mein, without meat	0,01
04638	Salad dressing, ranch dressing, fat-free	0,01
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0,01
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0,01
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0,01
15172	Mollusks, scallop, mixed species, raw	0,01
25000	Snacks, popcorn, microwave, 94% fat free	0,01
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0,01
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0,01
32010	Pasta mix, Italian lasagna, unprepared	0,01
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	0,00
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0,00
27002	Soup, wonton, Chinese restaurant	0,00
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0,00
01069	Cream substitute, powdered	0,00
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0,00
09314	Sapote, mamey, raw	0,00
09520	Kiwifruit, ZESPRI SunGold, raw	0,00
11167	Corn, sweet, yellow, raw	0,00
11212	Edamame, frozen, prepared	0,00
11265	Mushrooms, portabella, raw	0,00
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0,00
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0,00
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0,00
20036	Rice, brown, long-grain, raw	0,00
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0,00
21419	KFC, biscuit	0,00
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0,00
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0,00
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0,00
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0,00
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0,00

NDB_No	Description	16:1 c(g) Value Per
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0,00
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0,00
11135	Cauliflower, raw	0,00
11467	Squash, summer, crookneck and straightneck, raw	0,00
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0,00
11979	Peppers, jalapeno, raw	0,00
14632	Beverages, Meal supplement drink, canned, peanut flavor	0,00
15033	Fish, haddock, raw	0,00
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0,00
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0,00
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0,00
19047	Snacks, pretzels, hard, plain, salted	0,00
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0,00
20124	Pasta, whole-wheat, dry	0,00
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	0,00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	0,00
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0,00
21139	Fast foods, potato, mashed	0,00
27065	Dip, bean, original flavor	0,00
27068	Dip, FRITO'S, bean, original flavor	0,00
32008	Pasta mix, classic cheeseburger macaroni, unprepared	0,00
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0,00
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0,00
01256	Yogurt, Greek, plain, nonfat	0,00
01286	Yogurt, Greek, vanilla, nonfat	0,00
05363	Ruffed Grouse, breast meat, skinless, raw	0,00
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0,00
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0,00
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0,00
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0,00
11240	Mushrooms, morel, raw	0,00
11243	Mushrooms, portabella, grilled	0,00
11292	Onions, young green, tops only	0,00
11477	Squash, summer, zucchini, includes skin, raw	0,00
15266	Fish, pollock, Alaska, raw (not previously frozen)	0,00
15269	Fish, cod, Pacific, cooked (not previously frozen)	0,00

NDB_No	Description	
15270	Crustaceans, shrimp, raw (not previously frozen)	0,00
15271	Crustaceans, shrimp, cooked (not previously frozen)	0,00
16171	Refried beans, canned, vegetarian	0,00
20125	Pasta, whole-wheat, cooked	0,00
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	0,00
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0,00
22914	Pasta with tomato sauce, no meat, canned	0,00
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0,00
32009	Pasta mix, classic beef, unprepared	0,00
32018	Spanish rice mix, dry mix, unprepared	0,00
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0,00
36044	ON THE BORDER, Mexican rice	0,00
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0,00
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0,00
01285	Yogurt, Greek, strawberry, nonfat	0,00
03194	Babyfood, cereal, Rice, dry, fortified	0,00
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0,00
08113	Cereals, farina, enriched, cooked with water, without salt	0,00
08173	Cereals, farina, enriched, cooked with water, with salt	0,00
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0,00
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0,00
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0,00
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0,00
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0,00
15268	Fish, cod, Pacific, raw (not previously frozen)	0,00
20037	Rice, brown, long-grain, cooked	0,00
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0,00
20657	Pasta, gluten-free, corn and rice flour, cooked	0,00
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0,00
27056	Sauce, barbecue, BULL'S-EYE, original	0,00
27063	Sauce, enchilada, red, mild, ready to serve	0,00
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0,00
31034	Peppers, hot pickled, canned	0,00
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0,00
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0,00
02029	Spices, parsley, dried	0,00

NDB_No	Description	16:1 c(g) Value Per
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	0,00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	0,00
06150	Sauce, barbecue	0,00
06188	Soup, beef broth, less/reduced sodium, ready to serve	0,00
06307	Sauce, barbecue, KRAFT, original	0,00
06611	Soup, SWANSON, beef broth, lower sodium	0,00
06615	Soup, SWANSON, vegetable broth	0,00
06700	Soup, vegetable broth, ready to serve	0,00
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0,00
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0,00
09152	Lemon juice, raw	0,00
09153	Lemon juice from concentrate, canned or bottled	0,00
09228	Papaya, canned, heavy syrup, drained	0,00
09334	Feijoa, raw	0,00
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0,00
09524	Lemon juice from concentrate, bottled, REAL LEMON	0,00
11540	Tomato juice, canned, with salt added	0,00
11578	Vegetable juice cocktail, canned	0,00
11585	Vegetable juice cocktail, low sodium, canned	0,00
11886	Tomato juice, canned, without salt added	0,00
16172	Refried beans, canned, fat-free	0,00
18168	Cookies, chocolate sandwich, with extra creme filling	0,00
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0,00